



Flower Alchemy

USING FLOWER ESSENCES FOR PERSONAL TRANSFORMATION



BY KIMBERLY FISHER, EARTHLY INSIGHTS

It is that time of year where beauty explodes all around us. The colors become bright, plants are growing, flowers show their array of colors and the aromas fill the air with all the growth around.

Plants are incredibly helpful in helping us heal. They are accessible, easy to ingest either by food, herbs or tincture and carry an enormous amount of healing properties without us really paying attention. Did you know that flowers offer an amazing healing property to help us too?

Flowers are not just a thing of beauty but have been around for centuries used by the aborigines, and ancient Egyptians when tracing the lineage back, and more modern research has been concluded by Dr. Edward Bach in the 1930s to prove scientific findings on their impact on the human body.

Why use flowers to help you heal? They work on a global spectrum, addressing the mental, emotional, or physical ailment. When using the flower, you are using the most evolved part of the plant – the flower itself and by using that part, makes it one of the most Environmentally sustained processes where it doesn't destroy the whole plant. Using the flowers is a very non-invasive healing modality. It has a profound effect and can change your subconscious fears to the surface so they can release around the heart. They clear the pathways for positive in your life, helping with self-love, self-esteem, and can assist in working out guilt, anger, old beliefs and resentments.

How does it work? Flower Essences come in tincture form. When made, (generally speaking in the laboratory in nature, one uses the whole flower. It is best to ask permission from the tincture or if you are making them yourself, to ask permission of the flower and nature spirits if they are ok to use the plant and what does it want to offer. Harvesting in the morning with fresh dew-filled blossoms are best to gather on a sunny day. Soak them in water for 10-21 days under the sunlight and moonlight to absorb their energy. A bioenergetic imprint of a flower that has been transferred and stabilized in water allows the Qi or life force of the flower to be captured by the water they have been placed in. Finishing the tincture, a small amount of brandy is used to stabilize the product. When using the flowers to help heal yourself, it works directly with our energetic system such as the acupuncture meridians and is used primarily to address issues addressing our emotions, mind, and soul. It works indirectly to create physical health and balance. A few drops 2-7 usually is all you need, once or twice a day with an affirmation and is incredibly affordable. You can place the drops under your tongue or sip on them in water all day. The best part, there is basically no taste or aroma when using them which makes it incredibly easy for so many to use. They can be added to sprays, body cremes or as I like to add them to my salts and teas. These flowers too, are incredibly helpful for animals and pets. A very gentle way to heal and I like to say it is one of the most loving ways to heal.

Each flower is more than a plant of beauty. It is profoundly intelligent and holds specific transformational information found in nature that can help us to know and understand ourselves better. It allows us to shift our self-limiting beliefs, self-destructive patterns and behaviors. When using Flower Essences it activates the body's innate healing intelligence which can be especially important if the body has gotten stuck in a chronic pattern of imbalance.

Let's look at the options Mother Nature offers us for self-healing. Questions, or want a consultation on how to use them, and what flowers are right for you? I am happy to assist. Let's take this journey together and start feeling spectacular along the way!

Kimberly Fisher is a Reiki Master Teacher, Ayurvedic Energy Healing Practitioner, Medicinal Aromatherapist, Certified Teacher of Muna Ki-Rites, Reiki for Animals Practitioner, Health Coach and uses the plant's ancient wisdom to help in everyday life. She brings years of experience and thousands of hours of working with clients. Kimberly sees clients at Lokahi Wellness at 2610 Big Horn Avenue, Cody.

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